Iowa/USA Wrestling
Kids/Cadet/Junior Freestyle & Greco
State Championship

May 4th- 5th, 2019 – SE Polk High School

REGISTRATION
To register go to www.trackwrestling.com
All registrations must be completed by Thursday, May 2nd at 11:59pm – NO WALK INS!!
Registration fee is $25 for each style

Schedule of Events:
Saturday, May 4th – Freestyle Tournament
7:00-7:30am – weigh-ins for Jr, 12U, 10U, 8U
9:00am – wrestling starts for Jr, 12U, 10U, 8U
8:00-8:30am – weigh-ins for 16U and 14U
11:30am – wrestling starts for 16U and 14U

***Freestyle weigh-ins count for Greco weigh-ins***

Sunday, May 5th – Greco Tournament
7:00-7:30am – weigh-ins for Jr, 12U, 10U, 8U
9:00am – wrestling starts for Jr, 12U, 10U, 8U
8:00-8:30am – weigh-ins for 16U and 14U
11:30am – wrestling starts for 16U and 14U

Age Divisions and Weight Classes:
8U (Born 2011-2012)
43, 45, 49, 53, 56, 62, 70, 85

10U (Born 2009-2010)
49, 53, 56, 59, 63, 67, 71, 77, 84, 93, 105, 120

12U (Born 2007-2008)
58, 63, 67, 70, 74, 78, 82, 86, 92, 98, 108, 117, 135, 160

14U (Born 2005-2006)
71, 77, 83, 87, 90, 97, 102, 106, 110, 114, 119, 125,
130,136, 149, 165, 187, 250

16U (Born 2003-2004)
88, 94, 100, 106, 113, 120, 126, 132, 138, 145, 152, 160,
170, 182, 195, 220, 285

JR (Born 9/1/1999 and after plus enrolled in grades 9-12)
100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170,
182, 195, 220, 285

Awards
Medals to the top 3 place winners in each bracket

Eligibility
Must be an Iowa resident with a current USA wrestling Full Athlete General or High Performance membership. To
purchase your membership, go to www.themat.com and click on membership, purchase membership.

National Teams
16U weight class champions at state will have first chance to represent Team Iowa at the 16U National Dual
Championships in Spokane, WA June 10-15th. Questions about this contact 16U Director, Keith Donnelly 319-361-6419

16U and JR wrestlers who place in the top 3 in their weight class at state qualify for 16U and JR Freestyle/Greco National
Championships at the Fargo Dome in Fargo, ND July 12th-19th, 2019. A $200 deposit will be required at state to hold your
spot on this team. Questions about this contact 16U Director, Keith Donnelly 319-361-6419 or JR Director, Brent
Jennings 641-330-4196

The Jr Director, 16U Director and 14U Director will all be at state to answer questions and sign wrestlers up for national
teams who have qualified.

State Tournament Questions
Tournament Host – Jason Christenson – Jason.christenson@southeastpolk.org
Tournament Administrator – Mark Reiland – iowausachair@gmail.com
IOWA USA 2019
GIRL’S FREESTYLE
STATE CHAMPIONSHIP

Tournament Details
Date: Sunday, May 5, 2019; Weighins 7:30, Wrestle at 9am
Girl’s Divisions: weight classes determined after weighins;
Intermediate 2010-2012, Novice 2007-2009,
Middle School 2004-2006 (grades 6-8), High School grades 9-12

AWARDS to top 3 placewinners in each bracket.

Eligibility
Must have a current USA Wrestling Full Athlete General or High Performance
Athlete membership to participate. To purchase your athlete membership go to
www.usawmembership.com

IA/USA WRESTLING NATIONAL TEAM----
The US Marines Cadet/Junior Freestyle & Greco National Championships will be
held at the Fargodome in Fargo, ND on July 12th-19th, 2019. Iowa female
freestyle state tournament participants may qualify for the Iowa Cadet/Junior
Women’s National Team. To reserve a spot on the team and receive fundraising raffle tickets a $200
deposit is required by May 5th.

More Information
www.iowawrestling.org
Contact Women’s Director
Charlotte Bailey at
iusawomensdirector@gmail.com